November 2017

The Palo Duro Buzz

Make every day a good day

Palo Duro Senior Center \bullet 5221 Palo Duro NE Albuquerque, NM 87110 \bullet 505.888.8102 Mon, Tues, Thurs & Fri: 8:00am – 5:00pm \bullet Wed: 8:00am – 7:00pm \bullet Sat: 9:00am – 1:00pm

Because of the Brave Special Luncheon

Thursday, November 9th Serving 11:30am-11:45am

This luncheon is to celebrate all the men and women of our armed forces. After all, we are home of the Free, because of the Brave!

- Live Entertainment by Skip Batchelor
- Presentation of the colors by K.A.F.B.
- Door Prizes sponsored by Sandia Senior Placements

Menu includes:

- Meatloaf
- Corn Chowder Soup
- Mashed Potatoes w/Gravy
- Asparagus w/ Garlic
- Dinner Roll
- Peach Pie





The Thankful Tree

Monday, November 20th: 10:00am

Take time to be thankful for everything that you have as we will be placing leaves with our thanksgivings on our Thankful Tree! Join us as we decorate the tree that will be located on our front office window.

Center Closures

Friday, November 10th

For Veteran's Day





Thursday, November 23rd-Friday, November 24th

For Thanksgiving Day

Inside this Issue:

General Info	Page 2
Events	Page 3
Trips	Page 4
Classes	Page 5
Menus	Page 6
Presentations	Page 7
Features	Page 8
New News	Page 9
Announcements	Page 10



Department of Senior Affairs



Richard J. Berry
Mayor
Jorja
Armijo-Brasher
Director

Rhonda Methvin Recreation Division Manager



Palo Duro Senior Center



Natasha Montoya Center Manager

Larissa Martin Program Coordinator

Vacant
Office Assistant

Dave Ellis Program Assistant

Vacant Program Assistant

Manuel Ibuado General Services

Ted Casey

Vacant Assistant Cook

Popcorn Days

Grab your bag at the front desk- we're popping Tuesday through Thursday beginning at 10:30am!

\$0.25 Bag





OPEN COMPUTER LAB

Monday, Tuesday & Friday 1:00pm-3:00pm
Thursdays 9:30am-11:30am

Bring your membership card!

Adapted Aquatics

Taught at UNM's Therapeutic Pool, members will participate in a series of range of motion exercises that will increase joint mobility and develop muscle strength. Reservations are a must!

*Call Palo Duro Fitness Center to register: 505.880.2800

M, W, F: 8:30am - 10:45am M & F: 12:30pm - 2:45pm \$0.50 Transportation Fee





Bingo

Tuesdays 1:15pm-4:00pm 7- Stellar, 14- TBA, 21-Elmcroft, 28- TBA

Friendship Coffee

Wednesdays 9:15am -10:15am

Gather with friends old and new for a cup of joe and treats courtesy of our generous sponsors.

1– TBA, 8-Presbyterian, 15– Lovelace, 22– Edward Jones, 29– Walgreens



Page 3

What's The Buzz? 🍇

Join us for these exciting free events that will be taking place this month...

Birthday Party

Join us for some birthday cake as we celebrate the November birthdays at Palo Duro.

Friday, November 3rd 11:30am- 12:30pm Sponsored by AGA- Medicare Options



'I scream, you scream we all scream for ICE CREAM!'
Thursday, November 16th

11:30am-12:30pm This month's sponsors:

Davis Riordan– Insurance Broker Richard Greene & John Pearson– New Mexico Mortgage



Movies at Palo Duro

Join us at 1:30pm for these movies! Refreshments provided at intermission. Movies shown every 1st & 3rd Thursday.



November 2nd-Priceless (PG-13) 1:40 min

In this powerful drama, a man agrees to drive a box truck cross-country and not ask questions about its mysterious cargo. But when he learns that he's transporting two women, he decides to fight back against the human traffickers who hired him.

Sponsored by: Options Homecare

November 16th-Passengers (PG-13) 1:56 min

Two passengers aboard a spacecraft traveling to a distant planet are brought out of suspended animation by a technical glitch– 90 years before the vessel is due to reach its destination. Together, they must investigate the malfunction that awakened them, which could threaten the safety of the ship.

Sponsored by: Discount Dental

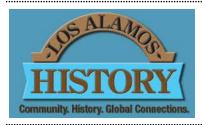


Palo Duro Trips.

Bodega Burger Company - Socorro **Tuesday, November 14th**

Depart: 10:00 am ● Return: 4:00 pm ● Transportation





Los Alamos History Museum - Las Alamos **Thursday, November 16th**

Depart: 10:00 am ● Return: 5:00 pm ● Transportation: \$11.50 Admission: 15.00

Model Train Show - Balloon Fiesta Park **Saturday, November 18th**

Depart: 9:45 am ● Return: 4:00 pm ● Transportation: \$2.00





Ride & Roam - Mr. Ron's Choice

Tuesday, November 21st

Depart: 8:15 am ● Return: 4:00 pm ● Transportation: \$6.50

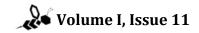
Christmas in Madrid - Madrid **Saturday, December 2nd**

Depart: 2:15 pm ● Return: 9:00 pm ● Transportation: \$7.00



*Reservations must be made in person with a valid membership card.

Check out our bulletin board for more trips. Turn in your suggestions to our suggestion box and you just might see them pop up in 2018!



On-going Daily Schedule

Monday	Monday	12:00-5:00	Game Time: Scrabble, Mexican Train &	
8:15–9:15	Aerobics 50¢*	12:30–2:45	Bridge Group	
3:30–11:00	Lapidary	1:00- 3:00	Palo Duro Palettes	
9:00–10:00	Yoga, Belts and Blocks \$3	3:15- 4:15		
0:00-11:00	Choralaires	4:30-5:30		
9:15–11:15	Blood Pressure Check	5:15-6:15	Yoga, Belts and Blocks \$3*	
:30-10:30	Gentle Exercise 50¢*	Thursday	Thursday	
11:00–1:00	Lujan Grisham Mobile Office: 12/19	8:00-9:00	Flex & Tone 50¢*	
1:00-3:00	Ceramics	8:00-1:00	Ceramics	
1:15–2:30	Philatelic Society	8:15-4:30	Rockhounds Trip (2 nd & 4 th) \$ varies	
1:30–1:00	Jug Band Practice	8:30-12:00	Deaf Seniors	
1:45-1:00	T.O.P.S.	8:30-11:30	Lapidary	
2:15-4:00	Duplicate Bridge	9:00-11:30	German, Intermediate	
:00-2:30	EFT / Tapping (2 nd only) \$5 per session	9:30- 11:30	Open Computer Lab	
:00-3:00	French, Advanced \$5 materials fee*	12:00-1:00	Rockhounds Meeting (1 st & 3 rd)	
:00-3:00	Open Computer Lab	12:00-3:30	Mah Jongg (2 nd & 4 th)	
:30-3:15	Line Dancing, Advanced	12:30–4:00	-4	
2:45-4:30	Retired Physicians	1:00-4:30		
3:00-4:00	French Language Book Club	1:00-3:00		
3:00-4:30	Essential Oils (2 nd only)	1:30-3:30	Movies (1 st & 3 rd)	
3:15–4:30	Line Dancing, Beginning	Friday	Friday	
uesday	Tuesday	8:15–9:15	Aerobics 50¢*	
:00-9:00	Flex & Tone 50¢*	8:30-12:30	Defensive Driving (1 st only) \$20, \$15 AARP	
3:00-12:30	Quilting (and more!)	9:00-11:30	Pottery; firing fee	
3:15–4:00	Hiking (every other) \$ varies	9:30-10:30	Gentle Exercise 50¢*	
3:30-11:30	Tuesday's Angels	9:30-10:30	Tai Chi, drop-in (no 1 st) \$5*	
:30–11:30	Lapidary	9:30-11:30		
0:00-12:30	Sewing & Alterations	12:00–2:00		
2:00-2:00	Leathercraft \$1/month; \$5 new student fee	12:15–4:00	Duplicate Bridge	
:00-3:00	ABQ Travel Partners (2 nd & 4 th)	1:00-3:00	Spanish, Beginning	
:00-3:00	Open Computer Lab	1:00-3:30	Cribbage	
:00-3:00	Visiting Artists Series	1:00-3:00	Open Computer Lab	
:15–4:00	Bingo \$3* minimum to play	2:15–4:30	Swedish Weaving \$10 materials fee*	
1:30-2:30	Mystery Book Club (2 nd only)	Saturday	Saturday	
2:15–4:30	Rio Grande Players	9:00-3:00	Hiking \$ varies	
Vednesday	Wednesday		-	
3:00–11:30	Pottery Lab; firing fee	9:00-10:30	Food Addicts in Recovery Anonymous	
3:15–9:15	Aerobics 50¢*	9:00-10:30	Line Dancing, Beginning	
0:00-10:00	Gentle Yoga (Class will return in 2018)	9:00-1:00	Quilting	
:15–10:15	Friendship Coffee	10:00-11:30	ABQ Recorder Orchestra	
:30–10:30	Gentle Exercise 50¢*	10:00-11:00	NARFE Board Meeting (1st only)	
0:00-12:00	Investment Club (BCIC) (3 rd only)	10:00-12:00	• • • • • • • • • • • • • • • • • • • •	
1:30–4:00	Metalsmithing/Jewelry Lab	10:30–12:00	Line Dancing, Advanced (no 1 st)	
12:00-3:00	Busy Bees - Crochet & Knit	11:00–12:30	* **	
		11:00-12:45	NARFE Chapter 80 Meeting (1st only)	

indicates suggested money donation per session

The Honeycomb Cafe

Menu items subject to change. Please arrive before 12:30. **Daily Hot Lunch-** \$3.25 *Reservations Required

Please call before 1:00pm by previous weekday to make your reservation: 505.888.8102

Monday	Tuesday	Wednesday	Thursday	Friday
30	31	November 1	2	3
Ham w/ Pineapple	Spaghetti w/ Meatballs	Loaded Potato	Chicken Tortilla Stew	Salisbury Steak
6	7	8	9	10 Center Closed
Shepherd's Pie	Catfish w/ Tartar Sauce	Pork Green Chile Stew	Special Luncheon	Remember Our VETERANS
13	14	15	16	17
Omelet	Chicken Pot Pie	Turkey Corn Dog	Diced Potatoes, Peppers & Onions w/ Red Chile Meat Sauce	Pork Chop w/ Onion & Apples
20	21	22	23	24
Open Faced Cheeseburger	Vegetable Soup	Herb Roasted Turkey w/ Gravy	Cente Happy Thanksgiving	r osed
27	28	29	30	1
Beef Patty & Onions w/ Gravy	Chicken Alfredo	Carne Adovada Enchiladas	Beef Tips w/ Noodles	Salmon w/ Pineapple

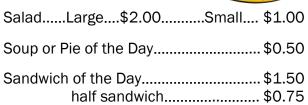
Other options without a reservation — Monday thru Friday —

Breakfast 8:00-9:00



Regular Combination\$1.50Mini egg, bacon or sausage, potatoes, toast or tor	
Burrito (meatless available)eggs, bacon or sausage, potatoes, cheese, ch	
English Muffin Sandwich	\$1.00
Oatmeal with Milk, raisins optional	\$0.70
French Toast or Pancake or Side of Chile (Red and Green, every mornir Waffle served on Fridays	ng)

Lunch 11:30-1:00



Beverages during all meals

Milk or Juice	\$0.25
Coffee or Tea	\$0.30

Grilled Cheese......\$1.25





Palo Duro Presentations

Please make a reservation at our front desk or call 505.888.8102



Funeral Planning

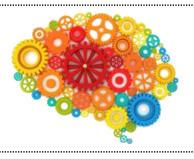
Presented by: Crystal Anderson Wednesday, November 1st • 9:00 am

Cognivue: Dementia Testing

Presented by: Tim Lorenz

Thursday, November 2nd • 8:15 am

*By appointment only





Outsmart the Scammers

Presented by: Edward Jones Wednesday, November 8th • 10:00 am

Coping with Grief during the Holidays

Presented by: Jan Godinez

Wednesday, November 15th •10:30 am



Prostate Cancer Support Association of NM

Presented by: PCSA of NM

Thursday, November 16th • 10:00 am

The Problem Gambler Among Us

Presented by: PeopleWorks of NM

Thursday, November 30th • 10:30 am



Palo Duro Features

Manage Your Chronic Disease (MyCD) Workshop

If you have (or care for someone with) a chronic health condition, this is the workshop for you. Learn from specially trained group leaders. Put Life Back Into Your Life.

This session will be a general Diabetes Self-Management Program Workshop:

October 12th-November 16th

Thursdays

1:00pm-3:30pm

To enroll, please call 505-880 - 2800.



Mystery Book Club

The books we read are available at the public library next door. Everyone is welcome, so please join us!

2nd Tuesdays: 1:30pm-2:30pm

Tuesday, November 14th: Helsinki Blood by James Thompson

Tuesday, December 12th: *Rogue Island* by Bruce DeSilva

Visiting Artist Program Tuesdays: 1:00pm-3:00pm

This series of programs is suitable for beginners as well as those with art experience. It is free and open to all Senior Center members. This very unique program provides an artist volunteer who guides participants in art activity. Let your creativity bloom!

Date	Program	Artist
7	Pastels, Session 1	Susan Daugherty
14	Pastels, Session 2	Susan Daugherty
21	Watercolor	Pat Baca
28	Watercolor	Pat Quintana



Polly Dages, 94, creates Christmas cards that will be sent to our soldiers stationed overseas. This class was led by Kathleen Schweizer in October.



Vintage Photos from Palo Duro's Past

Some of our photos date back to 1974 when the Center first opened. Check out our assortment of photos and memorabilia located on our lobby bookshelves. You may even find a picture of yourself!





Bee sure to check these out!

RIDE TILL 5

The Department of Senior Affairs is expanding their hours to include later pick-ups. Starting on November 13, The Department will offer free van rides to seniors in Bernalillo County over the age of 60 from 7:30am to 5:00pm.

Call (505) 764-6464 to schedule your ride. ADA-Accessible vehicles are available.



Palo Duro Holiday Arts & Crafts Fair

Only handcrafted and artisan goods will be available to sell, so be sure and see what you'll find- this special event will only take place November and December!

Tuesdays in November and December 8:30am-12:00pm

Silver Horizons Food Pantry Thursday, November 30th 2:30pm- 4:00pm



*We will not allow people to block hallways, doorways or classrooms

The Rio Grande Players' next show is here!

Come enjoy two original radio scripts from 1950 presented at OASIS, Friday, November 17th at 2:00pm. OASIS is located at 3301 Menaul Blvd NE. Reservations can be made at https://www.oasisnet.org/Albuquerque-NM/Classes. Select class number 95 to hear these two light hearted episodes of The Life of Riley and Father Knows Best, the latter one occurs during Thanksgiving 1950. Call Yolanda at 505-620-9643 for more info.

Bernalillo County Treasurer Nancy Bearce Says "Your Money Matters"

- Do you know where your money goes to?
- Do you need help reading your tax bill?
- What options are there for paying your taxes?

Bring your questions and concerns to an informational meeting with Bernalillo County Treasurer, Nancy Bearce.

Tuesday, November 14th at 11:00 am.





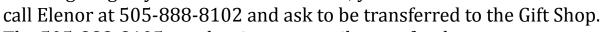
Palo Duro Announcements

Desert Willow Gift Shop

We are now accepting handmade holiday themed items. We are in need of handmade baby and men items, and a variety of other crafts. Artisans can bring their handmade crafts on consignment with 90% going to the crafter. We are also looking

for gently used books for our free lending library. We can put out 100 books each day, so please keep the books coming.

Don't forget that we will be CLOSED November 23rd and 24th. We will RE-OPEN Monday, November 27th. Have a wonderful and blessed Thanksgiving Day! For more information, you can



The 505-888-8105 number is temporarily out of order.





Cell Phone & Tablet Assistance Tuesdays: 1:00-2:00pm Lobby

Ask your questions about smartphones and other gadgets – our volunteer is here to help!

Vote at Palo Duro Senior Center Tuesday, November 14th 7:00am-7:00pm

Palo Duro will be a voting site for the 2017 Mayoral Election. Your vote counts! Please note room changes and cancellations





Billiards Room Time Change

The Billiards Room will now be closing 10-minutes prior to the center closing.

Thank you for the cooperation.